



Hot spot



Randolph firefighter Airman 1st Class Christopher Engelke demonstrates how to put out a stove fire at the safety fair May 26 in the BXtra parking lot. The safety fair kicked off the Operation Summer Survivor: Xtreme Challenge campaign. The campaign runs through Sept. 5 and focuses on taking care of one another during the 101 critical days of summer. (Photo by Steve White)

Air Force finalizes new utility uniform

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON – Blue and green tiger stripes are out; the digitized pattern with subdued green, tan, blue and gray is in.

After reviewing more than 150,000 bits of feedback throughout the initial seven-month wear test of the proposed utility uniform, Air Force leaders recently decided to eliminate the original color scheme and conduct a limited field test of the new pattern.

Special operations and survival, evasion, resistance and escape Airmen will conduct a limited wear test of the new design at Eglin Air Force Base, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash., in June.

"The sole purpose of the test will be to see if we can add any features to the uniform to make it a better uniform in the field and to determine if the new colors (and) pattern provide camouflage protection they need in the field," said Senior Master Sgt. Dana



Athnos, Air Force uniform board superintendent.

Airmen who participated in the initial wear test stopped wearing the more vibrant blue-green uniform March 1.

The original wear test involved more than 700 Airmen at 32 bases worldwide who kept detailed

daily logs annotating likes, dislikes and wash-and-wear problems. They also completed three surveys.

"Throughout the test, Air Force leaders actively solicited feedback from testers and observers alike to ensure this uniform developed into one that fit the needs of today's Airmen," Sergeant Athnos said.

"There were several avenues for feedback, ensuring that the (Air Force) chief of staff had realistic facts when making the final decision on the uniform," she said.

Those avenues included a survey sent to 45,000 Airmen, a Web site and direct e-mail to the uniform board.

"Some comments were positive, some were negative – all of them were provided directly to the chief of staff," Sergeant Athnos said.

The uniform is scheduled to be procured in mid-2005, officials said. Airmen can expect to purchase the uniform sometime in fiscal 2007. The proposed uniform will be phased in over four or five years.

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday Pilot Instructor Training			Navigator, EWO training				Wing Flying Hour Program			
Squadron	Senior Class	Overall	562nd FTS	563rd FTS			Aircraft	Required	Flown	Annual
99th FTS	3.0	0.7	Air Force 221	Undergraduate	38		T-1A	7944.5	7948.8	12,184
558th FTS	4.0	0.8	Navy 52	International	13		T-6A	11265.6	11409.7	17,290
559th FTS	-3.1	0.1	International 3	EWC Course	0		T-37B	5936.3	6088.9	8,444
560th FTS	0.1	2.0	NIFT 19	Fundamentals	0		T-38C	6289.1	6209.4	10,204
							T-43	2788.9	2784.3	4,293

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.

AIR AND SPACE
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February 13, 2005**

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Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency contact numbers	
12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Straight Talk	652-7469
Transportation	652-4314

“Hall of Valor” update

Q On Feb. 13, 1981, the "Hall of Valor" was dedicated in the Taj Mahal. As the then senior advisor for the 12th Flying Training Wing commander, I was proud to have taken part in that effort and dedication. Almost five years ago, Airman 1st Class William H. Pitsenbarger was belatedly (and posthumously) awarded the Air Force Medal of Honor for his heroic actions during the Vietnam War. To this date, his picture is not included among the

"Hall of Valor" honorees.

For over two years, I have on several occasions brought this fact to the attention of members of your staff to no avail. It apparently has become a "back burner" item. Would you please see that Airman Pitsenbarger is given his place of honor in the Hall of Valor? Thank you very much.

A You are right. The display in the Taj Mahal needs to be updated and will be soon. Airman Pitsenbarger is an important part of our heritage and has

a place of honor at Randolph AFB. The Air Force dedicated Randolph's Bldg. 399 to the Pararescueman known as "Pits" in 1972. In its entirety, Pitsenbarger Hall houses the 12th Mission Support Squadron and the 12th Comptroller Squadron, their personnel, support functions, and other important base support agencies. We remember Airman Pitsenbarger every day. As you enter his building, the Pitsenbarger display gives a brief look into his life and the premature death of a true American hero.



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon



**12th Flying Training Wing
Editorial Staff**

Col. John Hesterman
Commander
Capt. Paul Villagran
Chief of Public Affairs
Jillian Speake
Editor

**Prime Time Military Newspaper
Contract Staff**

Jennifer Valentin
Bob Hieronymus
Staff Writers
Maggie Armstrong
Graphic Designer

Wingspread office:

1 Washington Circle, Suite 4
Randolph AFB, Texas 78150
Phone: (210) 652-5760
Fax: (210) 652-5412

Wingspread Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: (210) 675-4500
Fax: (210) 675-4577

Wingspread online:

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Last year I had the great honor of returning to the "Gateway to the Air Force," Lackland Air Force Base, which we all know is the first Air Force stop for all enlisted personnel. I had not been to Lackland since I had a full head of hair some 25 years ago.

Some highlights of our visit at Lackland were viewing a graduation parade from the other side of the fence, visiting the same barracks we lived in so many years ago and having lunch with a flight of trainees.

While I remembered quite a bit about basic training, there was much I had forgotten such as the "snake pit" and the "tune-ups" the instructors give trainees. I forgot how loud an instructor can yell at trainees. Wow!

The Lackland "pilgrimage" was truly a career highlight and I encourage all enlisted Airmen to revisit our starting point in the Air Force if you ever get the opportunity.

The best part of our Lackland journey was having the pleasure of eating lunch with a flight of basic trainees who were in their fourth week of training. I know the trainees really enjoyed having lunch with us old folks too, because while they were with us they enjoyed immunity from the punishment of the snake pit and even got to have dessert with their meal.

Our trainees had a ton of questions about the Air Force and why we were visiting Lackland. One of the questions that stood out to me the most was,

"What can we do to be successful in the Air Force?"

After thinking about what advice I could offer, I thought of three things: maintain a positive attitude, listen to your supervisors and further your education. Perhaps these simple words of advice could be of some help to you as well.

Maintain a positive attitude. Sometimes it all comes down to attitude. Attitude often means more than skill. Attitude determines success or failure. Attitude determines how far you go in the Air Force and in life in general.

I will be the first to tell you I personally did not have the right attitude at times throughout my career. I needed a tune-up now and then and thankfully I got it.

People will remember you most for your attitude. Stop and think about some of the people you have known. One thing I bet you can remember about them is their attitude. Was it good or bad?

Occasionally, we all need to take a look in the mirror; what does our attitude look like? As supervisors we owe it to our subordinates to give them a tune-up when they need one. Both parties will benefit.

Listen to your supervisors. My experience in the Air Force has been supervisors truly try to guide folks in the right direction.

Ask your supervisors what you need to do to progress and have a successful career. Supervisors, do your part by coaching your folks to do the things they need to do to be successful.

Further your education. Ouch! This was one of my personal career shortcomings. I can honestly tell you it truly is a miracle that I made chief.

Why you ask? I had the wrong attitude toward professional military education. There it is again...attitude. I did not do the PME I needed when I needed it to be fully successful in my job as a leader and supervisor.

Later in my career, I realized how badly I had screwed up by not accomplishing PME in a timely manner. Now I have completed the education I needed, but it was much later in my career than it should have been.

Make the small sacrifice and get the education you require done at the earliest opportunity. Do not delay!

Additionally, knock out your Community College of the Air Force degree as a minimum. Education is something that will help you the rest of your life, not just in your days as an Air Force member. The Egyptians had a quote that went something like this, "Education means the difference between being ruled or being a ruler." These few words are pretty deep aren't they?

I hope these three simple things can help you be more successful in your Air Force career. Sometimes we get caught up in the daily grind and forget what amazing things we do for our squadrons, our Wing, our Air Force and ultimately the United States of America. Be proud of what you do each and every day. Always remember this; the fate of your career is in your hands!

Congratulations Retirees

Today

Senior Master Sgt. Rodney Watson

and

Sandra Lampkin

Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Summer – a season to exercise off-duty safety

By Lt. Gen. John Bradley
Commander of Air Force Reserve Command

WASHINGTON – "There are no second acts in American lives," F. Scott Fitzgerald once wrote. Memorial Day Weekend signaled the start of summer, traditionally a time of fun and sun. During the 101 Critical Days of Summer, we sometimes try to do too much because of the extra sunlight. Here are suggestions on how to keep healthy and safe this summer:

Alcohol consumption – Don't drink and operate vehicles, such as automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver.

Traveling – Be sober, vigilant and well-rested. Ensure everyone wears a seat belt.

Watercraft – Know your craft and use personal floatation devices. Use caution when operating boats and jet skis, staying away from other boaters, swimmers and jet skiers.

Motorcycles and all-terrain vehicles – Don't operate any of them without proper training and personal protective equipment. Always remain vigilant and drive defensively.

Outdoor activities – Before and after athletic activity, take a short moderate-to-brisk walk to improve circulation rather than stretching, which experts say contributes to muscle strain. Know your limits and don't overdo it. Avoid prolonged exposure to the sun, use sunscreens and drink plenty of water.

Swimming – Swim with a buddy in known waters and don't drink.

In the past few years we've been made more aware of the need for diligent force protection. We need to apply this same kind of vigilance off duty during the 101 Critical Days of Summer.

Most mishaps involve one or more of the following factors: alcohol, fatigue, darkness, bad weather, poor judgment, inappropriate risk-taking. Let's use common sense, plan ahead and be prepared.

An "it-will-never-happen-to-me" attitude is a recipe for disaster. Take care of your family and of your Air Force family. Be alert and prevent incidents that could cause a lifetime of regrets.

Let's all enjoy the summer and our off-duty time responsibly.

Investing in savings and self a wise move for future

By Maj. Brian Hand
81st Transportation Squadron commander

I have one word of advice to all young Airmen who are new to the Air Force, invest as soon as possible.

Recent graduates from basic military training, technical training or the first term Airmen center are excited about getting settled into their new squadron. The Airman's number one mission in their new Air Force life should be to invest.

How should Airmen invest?

First, invest significant time and energy into learning their new trade.

Airmen accomplish this by on-the-job training and career development courses.

Another tool to help build knowledge is to identify and utilize an Air Force mentor. This role model can be a

supervisor, a noncommissioned officer, an officer or another Airman who is knowledgeable, professional, and sets a good example by their actions.

A mentor takes you under their wing and instructs and helps guide you during your first Air Force years.

By investing effort in these areas, this will catapult you into higher skill levels. Strive to be the most knowledgeable Airman in your shop. Your supervisors will most definitely take notice.

It isn't easy to gain this knowledge and confidence. It takes dedication, motivation and trial and error. However, when an honest effort is put into learning your primary Air Force Specialty Code, your investment pays dividends.

Secondly, invest in education, both professional military education and higher education.

When the rank of senior airman is achieved, jump at the opportunity to attend Airmen Leadership School. When the prestigious rank of technical sergeant is achieved, coordinate with your supervisor and let your first sergeant know you stand ready for any short-notice NCO Academy slots.

Once selected for master sergeant, enroll and promptly complete the senior NCO academy by correspondence.

Additionally, there are many phenomenal higher education opportunities for you while you are in the Air Force and the best part is they are basically free.

College-level examination program and DANTES Subject Standardized Tests (DSST) are free through the base education office. Additionally, there is 100 percent tuition assistance.

Lastly, invest in your financial stability. Money for a one or two-striper isn't exorbitant; however, strive to help yourself by maintaining zero credit card debt. Help yourself by not taking out a humongous car loan with high interest rates.

Take advantage of both IRAs and the thrift savings plan, both have certain tax advantages. There's an old saying that states "pay your self first." If you squirrel away as little as \$20 per month over 40 years your money can compound into over \$70,000, assuming an 8 percent return, which is very possible.

Investing \$50 per month over the same time period could yield as much as \$175,714.

The one thing that young Airmen have that generals and chiefs don't is time. Take advantage of your youth and the power of compounding interest.

News

Payday loans: Easy cash or shark bait?

By Jennifer Valentin
Wingspread staff writer

Payday loan offices can sound like a dream come true to someone who is a little strapped for cash between paychecks. These loans, however, may not be a good idea, according to Randolph's personal financial management program.

Payday loans are typically small, ranging from about \$50-\$300. They are short-term, high-interest loans that can go by a variety of names such as cash advance loans, check advance loans or post-dated check loans.

"Airmen, officers and NCOs use this (loan) option," said Steve Mayfield, personal financial management program manager. "Six out of 10 of my customers have at one time been involved with some type of unconventional or unscrupulous lenders."

Many people see payday loans as a convenience

when they are running low on cash, because they are usually easy to obtain as long as the person is employed, said Mr. Mayfield.

An example of a payday loan is when someone borrows \$100 from a payday lender for up to 14 days. The lender may require the person to write a personal check for \$115 to hold until the person's next payday. At that time, depending on the plan, the lender deposits the \$115 check or the person can redeem the check by paying \$115 in cash.

What most people end up doing though, is rolling over the loan by paying a fee and the interest to extend the loan for another two weeks, said Mr. Mayfield. In the example mentioned, the cost of the initial loan includes a \$15 financial charge. If the loan is rolled over three times, the finance charge would go to \$60.

"That means that a person would pay \$60 to borrow \$100," said Mr. Mayfield. "Most of the clients don't see that aspect. They are just focused

on getting \$100 in their hands."

People can use other methods to ensure they have enough money until their next payday, said Mr. Mayfield. People should track their spending for two to three months and see what they use their funds for. This will help them produce a written budget.

"Unfortunately, I see far too many people not living within their means," said Mr. Mayfield. "Tracking spending is very important. You need to know where your money is going."

If a military member is in a bind, the Air Force Aid Society may be able to help, he added, but there are limits to what they can assist with. The funds within AFAS must be used for certain needs and emergency situations, such as basic living expenses of food, shelter and utilities.

Mr. Mayfield is available for appointments to discuss individual financial needs. For more information or to set up an appointment, call Mr. Mayfield at 652-5321.



Ensign Daniel Aranda III
P-3
NAS Jacksonville, Fla.



2nd Lt. Megan Bagby
C-130H
Dyess AFB, Texas



1st Lt. Eric Baird
RC-135
Offutt AFB, Neb.



1st Lt. Boyd Bandy
C-130H
Cheyenne, Wyo. ANG



2nd Lt. Charles Barnes
HC-130
Davis Monthan AFB, Ariz.



2nd Lt. Danny Barton
C-130
Pope AFB, N.C.



2nd Lt. Travis Carter
B-52 (EWO)
Barksdale AFB, La.



2nd Lt. Joshua Delany
E-8
Robbins AFB, Ga.



2nd Lt. Albert Esposito
B-52
Barksdale AFB, La.



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NAS Jacksonville, Fla.



2nd Lt. Joel Gietzen
MC-130P
RAF Mildenhall, U.K.



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C-130
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2nd Lt. Michael Landry
B-52H
Barksdale AFB, La.



2nd Lt. Brent Lipovski
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. David Manrique
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Jeremy Mayfield
EC-130H (EWO)
Davis Monthan AFB, Ariz.



2nd Lt. Brian Moore
E-3
Tinker AFB, Okla.



2nd Lt. Kenneth Morris
E-3 AWAC
Tinker AFB, Okla.



2nd Lt. William Pahn
C-130
Little Rock AFB, Ark.



Capt. Bret Peters
C-130
Charlotte, N.C. ANG



2nd Lt. Tiffany Ragan
B-52
Barksdale AFB, La.



2nd Lt. Stephen Raham
C-130
Yokota AB, Japan



Lt. j.g. Joseph Roberts
E-6
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Ensign Bryce Sakamoto
P-3
NAS Jacksonville, Fla.



2nd Lt. Michael Sartain
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2nd Lt. Kevin Stefanich
C-130
Pope AFB, N.C.



2nd Lt. Catherine Tabb
KC-135
McConnell AFB, Kan.



2nd Lt. John Waldroup
C-130
Dyess AFB, Texas



2nd Lt. Brian Wersching
RC-135
Offutt AFB, Neb.



2nd Lt. Sean Yandle
B-52
Barksdale AFB, La.

NEWS BRIEFS

12th SFS change of command

Lt. Col. Stephen Spurlin relinquishes command of the 12th Security Forces Squadron to Maj. Christopher Broman Tuesday at 10 a.m. in Hangar 4. Colonel Spurlin has been the commander since June 2003.

Service station closed Sundays

The base service station is closed on Sundays, but the gas pumps are open for credit card purchases only.

Transfers to Randolph ISD

Children of active duty military members stationed here or at other local military bases are eligible to transfer to Randolph Independent School District schools, if they meet certain criteria.

Transfer application forms are available on the district's Web site at www.randolph-field.k12.tx.us.

New students applying for the middle and high schools register on July 28 and new students applying for the elementary school register on Aug. 1.

For more information on the elementary school call 357-2345 and for the other schools call 357-2400.

Off limits establishments

The following establishments are off limits to all armed forces personnel: Cracker Box Palace; all Planet K locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina and Bandera Counties, and Club Senses (formerly Club X/S), together with any off-site locations where they sponsor an event.

Speed limit on Lower Seguin Road

The Texas Department of Transportation announced the speed limit on the newly opened section of Lower Seguin Road, from the south gate to Loop 1604, is now 35 miles per hour. This change meets the speed limit required by the city of Converse.

Public Affairs office closed Fridays

The 12th Flying Training Wing Public Affairs office is closed Fridays at 2 p.m. for training.

Randolph Field ISD notes

- Randolph Field ISD High School officials announced 100 percent of the graduating seniors passed the Texas Assessment of Knowledge and Skills test.

- Chief Master Sgt. Paul Machen was sworn in as the district's newest Board member.

- The District Board honored two physical education teachers with a total of 61 years of experience. Pat Franklin, P.E. teacher at the elementary school, was honored for 33 years at the school, and Donna Lyng, girls' coach at the high school, was recognized for 28 years of public school experience.

JSUNT graduation set for today

Twenty-six Air Force and five Navy aviators receive their navigator and naval flight officer wings during a Joint Specialized Undergraduate Navigator Training graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club. The guest speaker is Brig. Gen. David Edgington. General Edgington is the deputy for support at the Air Armament Center at Eglin Air Force Base, Fla.

The center is responsible for development, acquisition, testing, deployment and sustainment of all air-delivered weapons.

General Edgington has flown the F-111 and F-15E in operational assignments and the T-43 as an instructor.

Col. John Hesterman, 12th Flying Training Wing commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony for student achievement.

Thirty-one seniors receive scholarship offers

By Jennifer Valentin
Wingspread staff writer

Thirty-one Randolph High School seniors who graduated May 27 received 90 scholarship offers to attend colleges and universities throughout Texas and the nation, totaling more than \$1,500,000.

"Our class of 2005 only has 60 graduating members, so to receive 90 scholarships is really an outstanding accomplishment," said Dr. Barbara Maddox, Randolph Field Independent School District superintendent.

The seniors were offered scholarships from the Air Force Academy, Georgia Tech, New York University and more.

"We are still in the process of receiving student scholarships and will be, at least until the middle of June," said Doug McLaughlin, school counselor.

The 90 scholarship offers were received by 31 seniors. Nikita Cunningham received nine scholarships, the most given to a student this year. They include a Baylor University Merit scholarship, a Dean's Baylor scholarship, Georgia Tech University Hope scholarship, Baylor Achievement scholarship, New York University Draper scholarship, Albright National Honor Society Award, Albright Alumni scholarship, Joseph Coleman Award at Albright College and an Academic Decathlon scholarship.

Stacia Larry, Emma Przybyslawski and salutatorian Kristi Beauchemin each received seven scholarships.

Kristi received a Trinity University Merit scholarship, Trinity University Murchison scholarship, Randolph Officers' Wives' Club award, Arizona State University Dean's scholarship, Texas A&M President's Endowed scholarship, Texas A&M Merit Plus scholarship and Master Card Alamo Bowl scholarship.

Stacia received an offer from Stephens College, a University of the Incarnate Word scholarship, a Baylor

Provost scholarship and awards from the Universal City VFW Post 4676 and Academic Decathlon.

Emma's scholarships include a four-year appointment to the Air Force Academy, an Air Force ROTC scholarship, a Miami University of Ohio scholarship, Randolph Officers' Wives' Club award, St. Louis University Dean's scholarship, St. John's University scholarship and an award from Denver University.

Daniel Bullock, Amanda Neumuller and valedictorian Emily Hostage each received five scholarships.

Daniel's scholarships include an Air Force ROTC scholarship, Carr Air Force ROTC award, Angelo State Carr Academic Scholarship and Angelo State Carr Physics scholarship, as well as a variety of academic scholarships to Angelo State.

Amanda received two scholarship offers from Kansas State University, an Army and Air Force Exchange Service Employees Retiree Association award, a Randolph Officers' Wives' Club scholarship and an award from the Universal City VFW Post 4676.

Emily received scholarships from Boston University College of Engineering, the ROWC, two from the University of Oklahoma and a Robert C. Byrd scholarship.

Jessica Berish received a Randolph High School Athletic Booster Club award; Mariano Campos received an Assemblies of God Fine Arts scholarship; Tonya Coburn received a Randolph Enlisted Wives' Club scholarship; Derek Copeland received an Athletic Booster Club award; Aaron Dvorak received an Air Force ROTC scholarship and a Randolph Enlisted Wives' Club scholarship; and Eric Dvorak received an Air Force ROTC scholarship, as well as two scholarships to Kansas State University.

Charles Giattino received a Randolph Officers' Wives' Club scholarship and a Universal City VFW

Post 4675 award; Daniel Gunter received an Air Force ROTC scholarship and Dean's Baylor scholarship; Randy Hampton received a Youth Employment Skills Program scholarship; Moton Hopkins received a four-year University of Tulsa athletic scholarship and a McCokindale scholarship, and Ashley Johnson received a Ford Salute to Education award.

Stephanie Kochart received an Ignatius Academic scholarship at Marquette University, Magis Leadership at Marquette University and Randolph High School Athletics Booster Club award; Mary Kotowski received a Northeast Methodist Hospital scholarship, Guadalupe Valley Electric Co. award and VFW Post 8555 award; Robert Marroquin received a Randolph Enlisted Wives' Club award and a Randolph Parent-Teacher Organization scholarship, and Michael Martin received an Air Force ROTC scholarship.

Kim Matthews received an Ouachita Baptist University Music and Academic scholarship; Tiffany Morris received a Hillson International Leadership College award and Carvajal Educational scholarship; Jaclyn Phelps received a University of Dayton President's Scholar, Youth Employment Skills Program award and Academic Decathlon scholarship, and Malorie Porter received University of Incarnate McCracken Alumni and Distinguished scholarship awards.

Sarah Quelly received a Randolph Officers' Wives' Club award, Randolph PTO award and a scholarship for Military Children Program award; Tim Stephens received a TJ Bell Memorial scholarship and a Military Children Program award; Allison Weinberg received a Randolph Officers' Wives' Club and Athletic Booster Club award; Christopher Woods received a Louisiana Opportunity Program for Students scholarship and Athletic Booster Club award, and Ashleigh Parinque

See Scholarship on page 8

Seat belt safety stressed during summer campaign

By Jennifer Valentin
Wingspread staff writer

A car collision happens in one-tenth of a second. During that time, a seat belt can be the difference between life and death.

Maj. Craig Henderson, 563rd Flying Training Squadron, knows this all too well because he recently lost his 20-year-old nephew, Chad, to a car accident.

While driving home from a baseball game, Chad swerved to miss something in the road and hit a tree. The car was not the only thing that hit the tree. Chad did as well after he passed through the windshield. He wasn't wearing his seat belt.

The state trooper on duty concluded if Major Henderson's nephew had been wearing a seat belt, he would be alive today. Chad also had a young son who will grow up without his father.

A lot happens during the one-tenth of a second when a collision happens. First, the car buckles and bends as it hits something, coming to an abrupt stop. The crushing of the front end of the car absorbs some of the force of the crash and cushions the rest of the car, according to the National Safety Belt Coalition. The passenger compartment comes to a gradual stop unlike the front of the car.

The next collision occurs as the occupants' bodies hit some part of the vehicle. At the moment of impact, unbelted occupants are still traveling at the vehicle's original speed. Just after the vehicle comes to a complete stop, the unbelted occupants will slam into the steering wheel, the windshield or another part of the vehicle's interior, according to the coalition.

The car's occupants can also impact against one another. Many serious injuries can occur when this happens. If the passengers in the rear seats are



Wearing a seat belt can make the difference between life and death in a fraction of a second during an accident. (Photo by Steve White)

unbelted, they move toward the point of impact and can collide with the people in the front seats.

After the occupant's body stops moving, the internal organs are still moving forward. The organs can hit other organs or hit the skeletal system, which can cause serious or fatal injuries.

According to the coalition, during a crash, properly fastened safety belts distribute the forces of rapid deceleration over larger and stronger parts of the body, such as the chest, hips and shoulders. The seat belt stretches slightly to slow down the body and to increase the stopping distance.

"The difference between not wearing a seat belt and wearing one can mean the difference between life and death," said Linda Howlett, safety office ground safety manager.

Texas is drawing the line for drivers and passengers, said Linda Howlett, safety office ground safety manager.

"Buckle up or face a fine" is this year's slogan for the Texas Department of Transportation and the Texas Department of Public Safety "Click It or Ticket" seat belt enforcement campaign which runs through Sunday.

The "Click It or Ticket" campaign works, according to researchers at the Texas Transportation Institute. The institute conducts observational surveys that note seat belt usage before, during and after the campaign.

Since the campaign began in 2002, safety experts estimate about 500 lives have been saved and more than 11,500 injuries have been prevented.

Major Henderson said there are no excuses when it comes to not wearing a seat belt. He urges everyone to wear their seat belt, if not for themselves, for the ones they love.

"If I had to come up with one word to describe the act of driving without a seat belt, it is 'selfish,' because obviously people aren't thinking of themselves or anyone else when they risk their lives unnecessarily," said Major Henderson. "I know my grandson doesn't care if my shirt is a little wrinkled from the seat belt, as long as I make it home safely to play games with him every evening."

Security Forces Squadron protects base 24-7

By Jennifer Valentin
Wingspread staff writer

With about 120 members, Randolph's 12th Security Forces Squadron is ready to fulfill its mission of protecting the base and the people on it.

Every facet of security forces, from the visitor center and the control center to the K-9 unit and the investigators, plays a vital role in keeping the base safe.

The gate guards are the first and last military members people see when coming or going from Randolph.

"When people come through our gates, the guards check their ID cards, but also keep an eye out for anything that may be hazardous, such as weapons or open alcohol containers," said Master Sgt. Richard Sherman, 12th SFS operations superintendent. "They are our first defense."

The visitor center issues identification cards and base passes to those who need them. They are open Monday through Friday from 7 a.m. to 4 p.m.

The control center basically runs the SFS operation, said Sergeant Sherman.

The control center, or desk sergeant, takes the 911 calls, dispatches patrols to needed areas and communicates with the command post, ambulances and fire station on base. They also monitor all of the alarms on base and keep the blotter up to date. The blotter keeps base members informed of chronological events that happen during the SFS shifts.

The security forces members get their weapons and gear from the armory on base. The shifts check into the armory 45 minutes before they start their duty and receive the necessary equipment, such as their gun, pepper spray, radio and an asp.

"When the shifts change, the members leaving will talk with the incoming members and let them know



Staff Sgt. Eric Sterman runs radar while Staff Sgt. Robert Auten calls in a license plate number. They are both installation patrolmen with the 12th Security Forces Squadron. (Photo by Jennifer Valentin)

if anything is going on or if they should be on the lookout for anything particular," said Sergeant Sherman.

Since the SFS members have 12-hour shifts, it is important to make sure they are mentally ready for duty, said the sergeant.

"It is a long shift, and for their safety and everyone else's safety on base, we want to make sure they are ready," said Sergeant Sherman. "If we find something is bothering them or they are not ready for a shift, we will put them on another duty for the time being."

Compared to other agencies on base, the SFS members are on duty 24 hours per day, seven days per week, said Lt. Col. Steve Spurlin, 12th SFS commander.

"My troops work 12-hour shifts, but that turns into 13 hours when you include weapons issue, roll call and travel time to and from the unit," said Colonel Spurlin. "We protect the base so that others can accomplish their mission."

The K-9 unit is constantly training the four-legged members, four bomb dogs

and two drug dogs, who are an integral part of the squadron.

The K-9 dogs do more than protect the base. They often support the U.S. Secret Service when President Bush visits Crawford, Texas, and support Texas border towns and local stores by responding to calls for possible bomb threats.

"We don't have a lot of time to train our dogs; we have to make sure they are ready for patrol as soon as possible," said Sergeant Sherman. "That is why we are asked to help out with other organizations or in other areas, because we know they are ready for anything."

There are some members of the SFS team, such as the investigators, who aren't as visible as the gate guards or patrol members.

The investigators are active duty military members in civilian clothes, said Sergeant Sherman. They are responsible for investigating certain types of crimes or mishaps on and off base, as long as the crime has a Randolph military tie.

"They see hundreds of cases, on and

off base, such as disturbances or thefts," said Sergeant Sherman.

The administration office for security forces handles such matters as tickets, police reports, security clearances and contractor coordination.

The administration section is also responsible for thousands of tickets issued on base as well as all of the paperwork for SFS, said the sergeant. In connection with the administration office is the training section of SFS, responsible for scheduling all of the squadron members' training and evaluations.

"The job of a SFS member, no matter what section they are in, differs from day to day," said the sergeant.

Security forces members go through training before and during their time on duty. The members have 88 days of technical school, followed by guard and patrolman training, convoy training, weapons qualifications and some medical training. Specialized training is required for members who are in the K-9 unit and the combat arms section.

Constant, on the job training also helps members become certified for the various positions they work in, said Sergeant Sherman.

"The goal of SFS is to provide the best service it can to Randolph," said Sergeant Sherman. "We are highly visible on this base, giving us the chance to make it a better and safer place."

Colonel Spurlin said without the SFS troops, the rest of the base couldn't do their jobs.

"I tell my troops their jobs are important because without them, Randolph personnel couldn't do their daily duties," he said. "But protecting the base does require everyone's participation. That is why the security forces members rely on the eyes and ears of everyone at Randolph to help detect threats."

Space A: The only way to fly

By Bob Hieronymus
Wingspread staff writer

It may not be as busy as Chicago O'Hare International Airport, but the Randolph Passenger Terminal provides travelers an average of 50 to 60 Space Available seats a month, said Suzette Elliott, 12th Logistics Readiness Division passenger terminal clerk.

Space A is not the answer to everyone's travel needs, but it's here for those who are willing to wait out the odds of getting one of the seats. With seats available on about 20 flights a month, Ms. Elliott said, Space A is still a viable option.

Until about 30 years ago, local base "pax terminal" people filled vacant seats on military aircraft with any military traveler waiting in the terminal for transportation to destinations around the world.

Under the previous system higher priority travelers might bump lower priority travelers at any

stop along the route, which made the system even more uncertain. When control of airlift aircraft was centralized at Headquarters Military Airlift Command, Scott AFB, Ill., scheduling of available seats became more predictable, although it still required a personal appearance at a terminal to register.

Requesting a Space A seat today is as simple as filling out an application on the Internet, sending a fax or visiting a terminal to sign up. Last year's test program to allow dependents to travel Space A with their sponsors within the continental United States has been indefinitely extended as another option for travelers.

There are six categories of travelers that determine precedence for the available seats. First order of priority for Space A seats goes to people traveling on emergency leave orders, followed by people on environmental morale leave and then ordinary leave and permissive temporary duty for purposes of house hunting. Lower priorities follow for unaccompanied

dependents traveling on environmental morale leave, other permissive TDY categories and finally, in category six, retired personnel, Reservists and ROTC cadets.

Airlift flights passing through Randolph are most often C-12 and C-21 aircraft, which have a 30-pound limit on personal baggage, so travelers need to pack light, Ms. Elliott said. Both aircraft carry only up to eight passengers.

When a flight is ready to leave and has seats that are not already booked, registered passengers in the terminal are selected in accordance with their priority categories and time of registration. Therefore it's important for the traveler to stay informed about the current flight schedules, Ms. Elliott said.

A recorded message about seat availability is updated daily at 652-1854.

Another option for San Antonio people is to check with the pax terminal at Lackland AFB. Larger aircraft frequently stop there and may have space available seats. Contact them at 925-0953.

Security Forces enforce base parking rules

By Jennifer Valentin
Wingspread staff writer

An open parking space or area may be a blessing when in a hurry, but before sliding into the vacant spot, be sure to check if you are allowed to park there. The 12th Security Forces Squadron reminds drivers to check for a reserved sign or a no-parking sign before parking. Unauthorized military and civilian vehicles in reserved spaces could receive a citation. "Both civilians and military will receive an Armed Forces DD Form 1408 (traffic ticket) if they are found to be parked illegally in any way," said Staff Sgt. Michael Meras, 12th SFS NCO in charge of reports and analysis. According to regulations, parking is prohibited:

- Within 20 feet of a crosswalk
- Within 20 feet of an intersection unless previously designated as a parking slot
- Within 25 feet of a bus stop
- Between hangars, except in marked parking spaces
- Against the flow of traffic, except in housing areas
- Between two vertical, horizontal or diagonal yellow lines
- Alongside curbs or yellow curbs, with wheels

being no farther than 12 inches from the curb

- In any area except marked parking spaces as defined earlier
- Within 15 feet of a fire hydrant. Exception: A government vehicle used for official duties
- Reserved parking applies during hours of operation at that particular facility. Exceptions: Housing areas, 24-hour operation buildings and group command level or higher spaces
- On the shoulder of any roadway or grass area, except during special functions
- In any service drive, except vehicles making deliveries for official business
- Recreational vehicles, boats, trailers, campers, utility trailers and pick-up trucks with campers wider than 7 feet or longer than 20 feet may only park in the designated RV parking located on southwest Perimeter Road. RV exceptions: Loading and unloading, up to 24 hours, when used for primary transportation or with a letter signed by the 12th Mission Support Group commander
- For reserved handicap parking spaces, vehicles must properly display authorized insignias that consist of a permanent or temporary license plate, card, sticker, registration tab or Air Force Form 75 visitor or vehicle pass

With a lot of construction happening on base, if an area is a non-designated parking area, it is probably for a reason, said the sergeant. Citations will be given if someone is parked in an area where parking is not allowed but there are no points or fines assessed unless the violation creates a severe hazard, said Sergeant Meras. If someone gets three tickets within six months, their driving privileges are suspended for 30 days. If during the 30 days, they violate their suspension, their driving privileges are revoked for no less than one year. For repeat offenders, the installation commander decides how long to revoke driving privileges. Debatable citations, no matter what the violation is, need to be routed through the chief of security forces in writing for review. A rebuttal letter must be sent to the chief explaining why the citation is invalid. If this is not done, then the citation stands and the fine or points are assessed. "Just because you may have parked in a non-designated area and did not receive a citation or were double-parked and did not get a ticket on one day, does not mean that it was right," said Sergeant Meras. "Next time, you may get more than just a warning." For more information, call the reports and analysis section at 652-2510.

Emergency data cards complete paperless transition

After decades of Airmen updating emergency contact information in their personnel records, everyone is now required to update the information online from home or work rather than visiting their military personnel flights. Effective immediately MPFs are no longer required to print and file a paper copy of the Virtual Record of Emergency Data, or vRED, form in each Airman's personnel records. The paperless form provides the Air Force with information needed to contact family members if an Airman suffers a serious illness or injury, or dies while on active duty. The vRED, which replaced the "DD Form 93, Record of Emergency Data" in 2003, is required to be kept updated by each individual. Now the only way to update an Airman's emergency data is by

visiting the virtual MPF online. Airmen who do not have access to a vMPF account, such as new accessions or basic trainees, must still complete a DD Form 93 until they establish an online account, said Maj. Yancey Cowen, chief of the casualty services branch at the Air Force Personnel Center here. "The biggest advantage is convenience for the customer," he said. "Airmen won't have to stand in line at the MPF to make simple changes to their contact information." Airmen are required to keep their vREDs current at all times and review their contact data at least annually, according to Major Cowen. Also, every Airman must review their vRED during in-processing and prior to all deployments. "Accurate and current family contact information

can prevent delays in notifications and perhaps benefits for Airmen and family members," Major Cowen said. Personnel officials encourage all active-duty, Guard and Reserve members to update their information every six months. Civil service employees are also encouraged to update their virtual Emergency Data System contact information as needed for the same reasons. Both online applications take about 15 minutes to complete, and ask questions such as who are the relatives who should be contacted and what are their addresses. For more information, visit www.afpc.randolph.af.mil/vs/ to log into vMPF or to establish an account. (Courtesy of AFPC News Service)

Community

Base bargain hunters get thrifty

Thrift shop offers something for everyone

By Jennifer Valentin
Wingspread staff writer

If you're looking for a great deal or trying to make some money by selling unwanted items, the base thrift shop can help. The Randolph Thrift Shop is run jointly by the Randolph Officers' Wives' Club and Randolph Enlisted Wives' Club. The thrift shop sells and consigns a variety of items, such as antiques, household and garden items, baby furniture, jewelry, clothes, computers and CDs. "The thrift shop has been on Randolph for 57 years," said Anita Le Van, thrift shop manager. "It offers a place for military and civilian customers to buy and sell different items." Anyone with access to the base can shop at the thrift shop and anyone with a current military or civilian identification can consign items at the shop. Up to 12 items can be consigned per business day, four of which can be clothing items, said Ms. Le Van.

Any large furniture item, toy, exercise equipment or baby item must have approval beforehand for consignment. The thrift shop also posts a list each day of the items that will not be consigned for that particular day. To save time, the thrift shop asks people to call before bringing in items for consignment, said Ms. Le Van. On an average day, about 250 people visit the thrift shop and about 150 people make purchases. The thrift shop also provides a bulletin board that people can use to post notices. It costs 50 cents for two months. All of the profits made at the shop are split equally between the two wives' clubs, said Ms. Le Van. The clubs use the money for scholarships and local charities. The thrift shop is open Monday, Wednesday and Friday from 9 a.m. to 1 p.m. for sales and from 9 a.m. to noon for consignments. They will be open Saturday from 10 a.m. to 2 p.m. with consignments from 10 a.m. to 1 p.m. For more information, call 658-5990.



Cristina Neaven, a thrift shop customer, looks at clothes during a recent visit. (Photo by Steve White)

Hooked on fishing



Visitors at the Canyon Lake Randolph Recreational Area enjoy fishing off the pier. Year-round activities at the recreational area include picnic areas, camping, RV parking sites, a boat ramp, party pavilion, nature trail, beach area and more. Their marina offers a wide variety of water activities. For more information, call 1-800-280-3466. (Photo by Steve White)

SPORTS BRIEFS

AETC golf tournament

The 3rd Annual Air Education and Training Command Logistics Readiness Division "Spring Fling" golf tournament begins June 24 at 12:30 p.m. at the Olympia Hills Golf Course. The format is a four-person Florida scramble (select shot). The \$55 fee includes green fees, cart, food and drink, and unlimited range balls. Cash prizes are awarded to 1st, 2nd and 3rd place teams. To sign up by June 15, contact Master Sgt. Shaun Derry at 652-3905 or Senior Master Sgt. John Maples at 652-5697.

Push-up competition

A push-up competition takes place June 14 from 11 a.m. to 1 p.m. The competition is open to all Department of Defense identification card holders, ages 16 and up.

Passport to Fitness

Come to the fitness center and pick up a Passport to Fitness, then use it to "travel" the fitness world. From cardio to weight training to yoga, get stamps for all the "countries" visited. Once the passport is full, customers receive a prize. Passports are due by June 30.

Women's softball team meeting

The base women's softball team meets Tuesday at 7 p.m. at Yankee Field. Those interested in participating are encouraged to sign up. For more information, call Tech. Sgt. Bruce Tarpey at 565-3402.

Avoid mistakes while working out

By Jennifer Valentin
Wingspread staff writer

Maintaining physical activity is a key factor in a healthy lifestyle, but common exercise mistakes can often be the difference between an effective and ineffective workout. Warm-ups should start slowly and gradually increase in intensity, since muscles need time to adjust to the new demands aerobic activity places on them, according to the American Council on Exercise. "We've learned that stretching before exercising doesn't prevent acute injuries as much as we used to think it did," said Patrick Fay, fitness program manager. "But stretching before working out will maintain and improve flexibility. This can reduce

the likelihood of chronic overuse injuries." After working out, most people don't stretch enough, which can lead to unnecessary strain and injury, according to the ACE. People can prevent injuries if they stretch immediately following aerobic activity while their muscles are still warm. Lifting too much weight at one time is another mistake people make while exercising. "People should never lift more weight than their muscles can handle," said Mr. Fay. "Gradual and progressive resistance is more effective and safer, increasing muscle strength." Exercising too intensely is another common mistake, according to the ACE. It is more effective to sustain a moderate workout for longer periods of time than exercising intensely for a few minutes. "Early on it is important to learn proper techniques and become comfortable with the movements of exercise," said Mr. Fay. "Once that happens, you can increase the intensity of the workout." However, people should make sure to exercise intensely enough to work up a light sweat and get their heart rate going. Keeping hydrated is very important while exercising, said Mr. Fay. "In the summer heat of Texas, staying hydrated is very important," he added. "Exercising in extreme heat can result in cramping, heat exhaustion or heat stroke." A good rule of thumb is when you are thirsty, you are already dehydrated, said Mr. Fay.

Band aid



Class instructor Kim Houk teaches participants how to use the Theraband to enhance flexibility and strength. The bands come in various levels of tension and fit in a pocket. The class is offered periodically at the health and wellness center. For more information, call 652-2964. (Photo by Joel Martinez)

Scholarship

Continued from Page 5

received a scholarship from the Young American Bowling Alliance. After graduation ceremonies were held for the 2005 senior class, Project Graduation took place at the youth center. Project Graduation is a drug-free and alcohol free celebration for high school seniors. This year almost 90 students and friends participated, enjoying food, music, door prizes and games.

Project Graduation was made possible from the support of the following sponsors: Chester's, Taco Cabana, Sea Island, Pat Booker Dental, Best Buy, Kowloon's, Shippable, Macaroni Grill, Taco Bell, The Container Store, Randolph Brooks Federal Credit Union, Bill Miller Barbecue, Sea World, Six Flags, Imax, Schlitterbahn, Splashtown, Randolph 12th Services Division, Army and Air Force Exchange Service, Natural Bridge Caverns, HEB, Outback Steakhouse, Pepsi, Camino Ranch Steak-Mex, Dragon Lake, Texas Roadhouse, Red Robin, Randolph Commissary, Sara Lee Ball Park, Heinz USA, Frito Lay, Nabisco, Texas Exposures Photography, Spurs, Mama's

Café, Big Red/Seven Up Bottling Company, Linen's-N-Things, Little Caesar's Pizza, Herff Jones, Papa John's Pizza, Randolph Chapel, Border's, Natural Bridge Wildlife Ranch, Napoli's Italian Restaurant, Regal Entertainment Group, Silver Stars, USAA, Randolph Enlisted Wives' Club, Randolph Officers' Wives' Club, Schertz Bank and Trust, American Legion Post 667, Band Boosters, Air Force Sergeants Association, Ralph Flores DDS, Universal City Lions Club, Air Force Personnel Center Top Three, Randolph Parent-Teacher Organization, Randolph High School Athletics Boosters and North Park Lincoln Mercury.